Long-Term Food Storage

"Preparedness isn't fear — it's freedom."

Food Planning for Long-Term Storage ~ Tammi

Mylar Bags and Desiccant Storage ~ Lesa

How to Store Water ~ Lynett

Root Cellaring and Cold Storage ~ Stacy

Vacuum Sealing for Long-Term Storage ~ Kim

How to Use Buckets ~ Tara

Pantry Staples and Rotation ~ Erin

Why It Matters

- Food Storage is a practical safety net for storms, job loss, inflation – the unknown.
- Protects your family during shortages or emergencies
- Saves money by buying in bulk
- Promotes independence and peace of mind
- Builds self-reliance year after year

The Five Main Storage Principles

- Keep it Cool – 50–60°F
- Keep it Dry – Avoid moisture
- Keep it Dark – Light destroys nutrients
- Keep it Clean – Start with quality food
- Rotate – First in, first out

What to Store

- Grains: Rice, wheat, oats, pasta
- Legumes: Beans, lentils, split peas
- Fats: Oils, ghee, coconut oil
- Fruits & Veggies: Freeze-dried or dehydrated
- Baking Staples: Flour, sugar, salt, powdered milk
- Comfort Foods: Coffee, honey, cocoa

Shelf-Stable Fats

- Coconut Oil — 3–5 yrs (cool, dark place)
- Ghee — 5–10 yrs (airtight jar)
- Tallow/Lard — 1–2 yrs (freeze to extend)
- Shortening — 5–10 yrs (sealed, cool storage)

Calorie & Nutrient Breakdown (Per Person, Per Day)

- Carbohydrates: 55–60% (1,100–1,200 calories)
- Fats: 25–30% (500–600 calories)
- Protein: 10–15% (200–300 calories)
- ➡️ Aim for ~2,000–2,400 calories per adult per day
- ➡️ 1,200–1,600 for children
- Balanced energy = sustained strength and clear thinking.

Macronutrient Storage Targets (Per Person, Per Year)

- Grains: 300–400 lbs (carbs, B vitamins)
- Legumes: 60–80 lbs (protein, fiber)
- Fats & Oils: 3–5 gallons (calories, vitamin E)
- Dairy Substitutes: 15–25 lbs (protein, calcium)
- Fruits & Vegetables: 60–80 lbs (vitamins & minerals)
- Meats: 20–30 lbs (protein, iron, B12)

Key Vitamins & Minerals to Plan For

- Vitamin C – Freeze-dried fruit, tomato powder
- Vitamin A – Carrots, sweet potatoes, spinach
- B Vitamins – Whole grains, beans, yeast flakes
- Calcium – Powdered milk, canned salmon
- Iron – Beans, lentils, dried meats
- Iodine – Iodized salt
- Electrolytes – Salt, bouillon, drink mixes

How Much for a Family of Four (One-Year Supply)

- 400–500 lbs of grains (rice, wheat, oats, pasta)
- 150–200 lbs of beans and lentils
- 5–10 gallons of cooking oil or ghee
- 50–100 lbs of flour
- 30–40 lbs of powdered milk
- 20–40 lbs freeze-dried fruits & veggies
- 48 cans of meat or fish
- 60 lbs sugar & 10 lbs salt
- Plus herbs, spices, and comfort foods

Simple Ratio for Planning

- For every 100 lbs of stored food:
  - 60 percent grains
  - 20 percent legumes
  - 10 percent fruits/vegetables
  - 5 percent fats/oils
  - 5 percent sugar, dairy, and extras

- ➡️ Balanced, sustainable, and satisfying for the long term.

Sample Daily Plan (Per Person)

- Breakfast: Oats with powdered milk, honey & dried fruit
- Lunch: Rice & beans with dehydrated veggies
- Dinner: Pasta with freeze-dried meat & tomato powder
- Snack: Crackers or honey
- Drink: Herbal tea or rehydrated milk
- Basically …
  - ✅ 1 grain + 1 protein + 1–2 veggies + 1 fruit + a bit of fat

Foods to Avoid

- 🚫 Avoid for long-term storage:
- Brown rice, whole-wheat flour
- Nuts, seeds, peanut butter
- Chips, crackers, granola
- Baking mixes with fats
- Jerky (unless freeze-dried)
- Anything oily or moist

Mylar Bags & Desiccant Storage

by Lisa

Preserving Food in Mylar Bags:

A Smart Long-Term Food Storage Solution

What Are Mylar Bags?

- Made from polyester film (BoPET) with a metal lay

- Durable, flexible, and light resistant

- Often used with oxygen absorbers

Key Benefits of Using Mylar Bags

- Long Shelf Life: Up to 25-30 years for dry goods
- Protection from Light, Moisture, and Air
- Space Efficient and Easy to Store
- Rodent & Pest Resistant

Food Safety and Freshness

- Sealed environment reduces oxidation & bacteria growth
- Maintains flavor and nutritional value
- Prevents mold and spoilage

Practical Uses & Emergency Prep

- Great for prepping: rice, beans, oats, flour, freeze dried meals
- Essential for emergency kits, camping, and off-grid living
- Eco-friendly: Reusable with proper cleaning

Foods That Should Not Be Stored in Mylar Bags

Foods with high moisture (over 10%)~

- Fresh fruits or vegetables, cooked grains, rice, beans, soft cheese, or meats

Foods with high oil or fat content~

- Nuts, nut butters, whole grain flours, brown rice, granola, or chips

Food requiring refrigeration~

- Dairy products, eggs

Food with sharp edges or packaging issues~

- Pasta, hard noodles, and hard candy

Summary & Final Thoughts

- Mylar = reliable, affordable, and smart food storage
- Combines science and practicality
- Ideal for anyone focused on food security and

Sustainability https://a.co/d/3E2uFpA

Click to see full view

120 Mylar Bags with 150 Oxygen Absorbers-168 Labels & Stand-Up Reusable 4 Sizes Airtight Smell Proof Resealable Bags with 15 Clips-11 MIL Food Storage Large Mylar Bags

Visit the ROYLO GLOBE Store

4.7 ★★★★½ (306)

Overall Pick

800+ bought in past month

$28.99

prime Two-Day

FREE Returns

Brand	ROYLO GLOBE
Model Name	Mylar Bags
Material	Aluminum
Capacity	1 Gallons
Product Dimensions	10.2"W x 14"H
Recommended	Food

How to Store Water

by Lynett

Why Store Water?

- It won't happen to me!
- 3 days = ☠
- Chemical spills, water line breaks
- Drought - Well runs dry
- Storms, car trouble (Snowmageddon Atlanta 2014)

Typical response time from FEMA = 72 hours!!

How Much Water?

The Federal Emergency Management Agency (FEMA) recommends storing:

- One gallon per person per day for drinking
- Additional water for hygiene and food preparation
- Enough water for at least two weeks
- Extra water for pets and medical needs

A family of four requires at least 28 gallons for a one-week emergency supply. One week = 112 gal.

How to Store Water

- What I have on hand
  - Milk or Juice containers - NO!
  - Swimming Pool - NO!
  - Bathtub = OK
  - Used water bottles = OK
- BEST = glass
  - Jars
  - Heavy, expensive, breakable

How to Store Water

MOST COMMON:

- Commercially prepared water bottles
  - Affordable, easy to obtain in various sizes (8oz, 16oz, 1g, 5g)
  - Thin, fragile, cannot be stacked = lots of floor space

- Commercially made Food Grade containers
  - HDPE plastic, #1, #2, #4 & stainless steel
  - Cost more, but can store more
  - Stackable = less floor space
  - Underground, too!

How to Store Water

Water is heavy!

- 1 gallon water = 8.5 pounds
- 5 gallon jug = 42 pounds + weight of jug

Do I need to move it?

- Pump - manual or electric
- Gravity fed
- Do not recommend containers with spout on the bottom - leaks, not easy to use if on the ground

How to Store Water

WaterBrick $100 = 4 x 3.5 gallon bricks - store water or dry goods

Igloo Storage Tank
$18 = 6 gallons - easy to grab & go

Stackable, portable water tanks - 5 gallons+

How to Store Water

$180 for 35 gallons (more sizes)
Horizontal storage, handle, spigot

Used 55 Gallon barrels from
Azure or FB Marketplace

How to Store Water

IBC Totes - 135gal +
$300+ New, used are available

Water tanks 55 gallons & up
Stackable $300+ with spigot

How to Store Water

$6,000+ Underground Water Storage
2,650 gallons with a 20” manhole

Non Potable Water Pillow Tank w/Ground Mat - 20,000 Gallons

SKU: Water Tanks : IPI-NPPT-20000

$10,323.00

Are You Water Ready?

- How much water do I need?
- How do I store it?
- How do I acquire more water?
- How do I test water before drinking it?
- How do I purify my water?
  - Filters - Life Straws, Berkey, coffee filters
  - Bleach
- How can I conserve water?
  - Don't flush every time
  - Reuse gray water -use shower/dish water to flush
  - Hand wash laundry & dishes
  - Use a basin to wash hands (old timey!)
  - Stock up on wet wipes for hygiene and clorox wipes for cleaning/sanitizing

Root Cellars

by Stacy

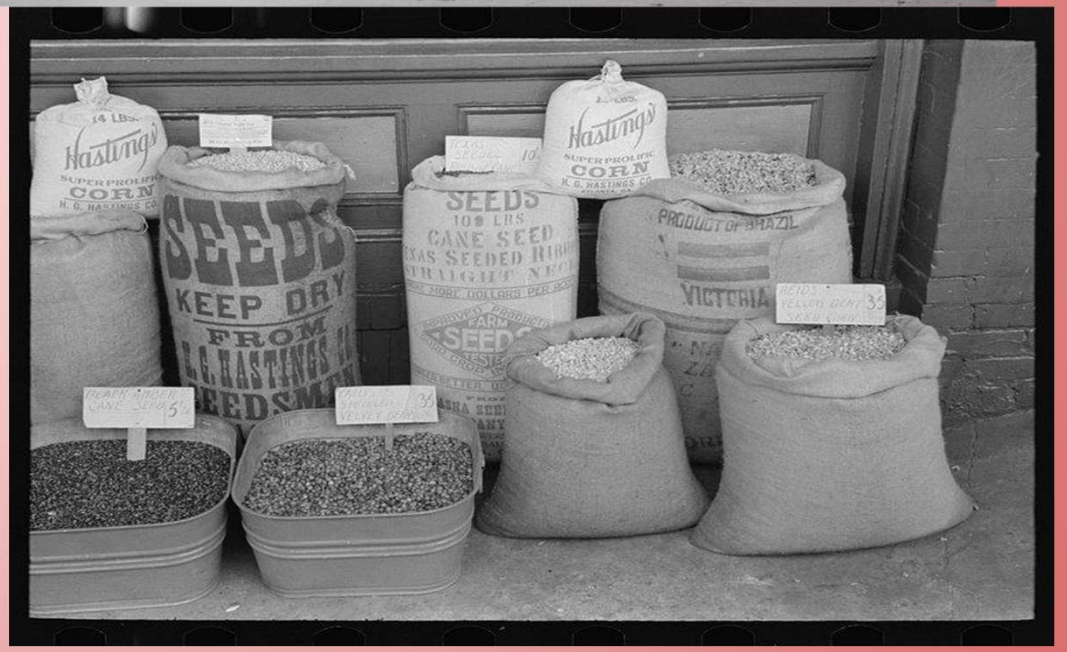
PICTURE THIS…

ROOT CELLARS

Old Wisdom for Modern Times

A Little History Lesson

Before electricity, long-term food storage wasnt optional… it was survival.



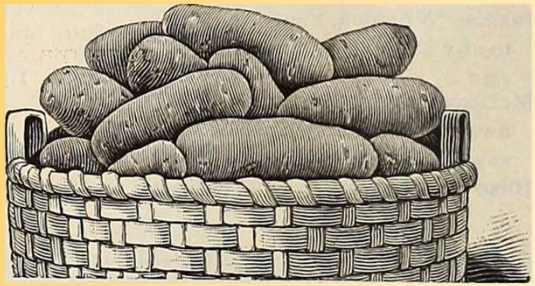
Root Cellar Construction

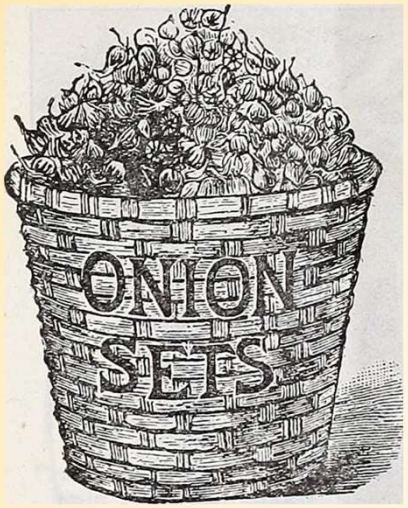
-dig into hillside (N facing) or straight down

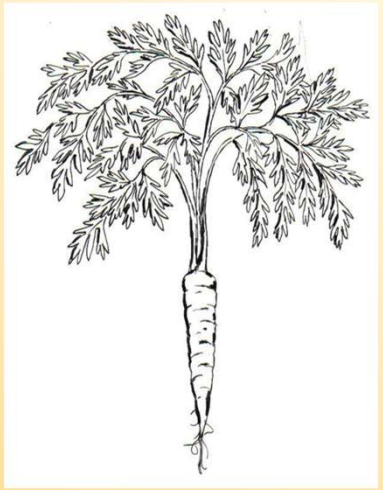
-stone, brick, wooden beams

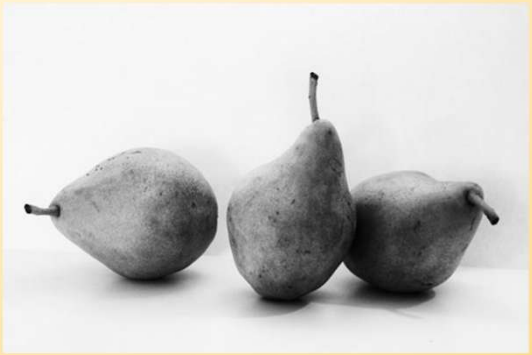
-good ventilation with low temps and high humidity is key

What Foods Store Best?









ROOT VEGETABLES: carrots, beets, parsnips, turnips

POTATOES

CABBAGE

APPLES & PEARS

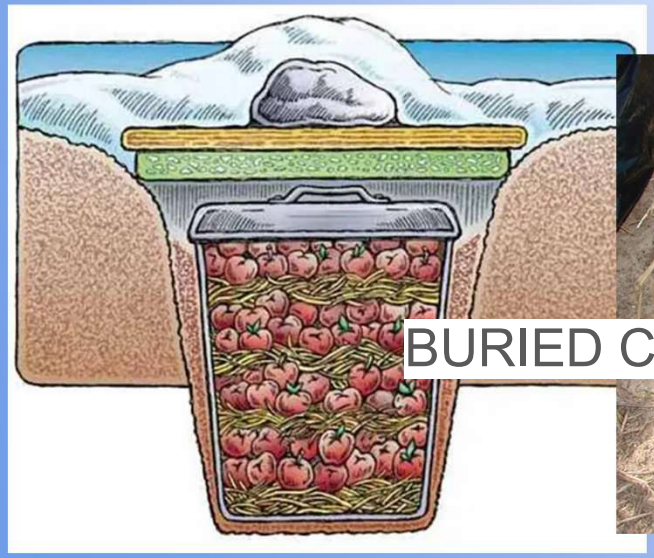
SQUASH & PUMPKINS

ONIONS & GARLIC

DIY Root Cellars

MINI PIT

OLD FRIDGE/FREEZER



BURIED CAN OR BARREL

Alternative
"Root Cellars"
if you can't dig…

ROOT CELLARS

Old Wisdom for Modern Times

Vacuum Sealing for Long-Term Storage

by Kim

Seal the Freshness: The Benefits of Vacuum Sealing Food

Keep your food fresh, flavorful, and waste-free!

The Problem: Food Spoilage

❌ 30–40% of food goes to waste each year.

💨 Air causes oxidation, freezer burn, and bacteria growth.

😩 Lost flavor, texture, and nutrients over time.

How Vacuum Sealing Works

🌀 Removes air from around the food.

🔒 Creates an airtight seal to block oxygen.

⏳ Slows down bacteria and oxidation processes.

Key Benefits

- 🕒 Extends shelf life up to 5× longer.
- ❄️ Prevents freezer burn and dehydration.
- 💰 Saves money—buy in bulk, store safely.
- 📦 Reduces clutter—more space in fridge/freezer.

Common Uses

- 🥩 Store meats, produce, leftovers, and dry goods.
- 🍲 Ideal for sous-vide cooking.
- 🧳 Protects non-food items like silverware or gear.

Best Practices

- ✔️ Use high-quality vacuum bags.
- 🗓️ Label and date each sealed item.
- ❄️ Store in fridge or freezer for best results.

Seal the Deal!

✅ Vacuum sealing keeps food fresh, flavorful, and long-lasting.

💡 Simple, affordable, and effective solution.

🌎 Save money and reduce food waste—start today!

How to Use Buckets

by Tara

PASTA
2010
SUGAR
2010
SUPERSIZING FOOD STORAGE with
BUCKETS
PREPARED- Housewives

PREPARED-Housewives

PREPARED-Housewives

PASTA
2010
RICE
2010
RICE
SUGAR
2010
PREPARED-Housewives

PREPARED-Housewives

HOW MUCH FOOD DO THEY HOLD?

Buckets and #10 Cans

DIYPreparedness.net

Food Item	#10 Can	5 Gallon Bucket
Wheat	5 pounds	37 pounds
White Flour	4.5 pounds	33 pounds
Cornmeal	4.3 pounds	33 pounds
Popcorn	5 pounds	37 pounds
Rolled Oats	2.5 pounds	20 pounds
White Rice	5.3 pounds	36 pounds
Spaghetti	N/A	30 pounds
Macaroni	3.1 pounds	21 pounds
Dried Beans	5.6 pounds	35 pounds
Lima Beans	5.4 pounds	35 pounds
Soy Beans	5 pounds	33 pounds
Split Peas	5 pounds	33 pounds
Lentils	5.5 pounds	35 pounds
White Sugar	5.7 pounds	35 pounds
Brown Sugar	4.42 pounds	33 pounds
Powdered Milk	3 pounds	29 pounds
Powdered Eggs	2.6 pounds	20 pounds

Pantry Staples & Rotation

by Erin

Why Pantry Storage Matters

- Benefits:
  - Saves money
  - Reduces waste
  - Ensures food security
- Difference:
  - Short-term vs Long-Term

Organizing the Pantry

- Categorize
  - Canned goods
  - Dry goods
  - Baking supplies
  - Spices
  - Condiments
  - Snacks
- Storage
  - Clear Bins
  - Labels
  - Airtight Containers
  - Glass Jars vs. Plastic
- Temperature & Humidity Control
  - Cool, dark and dry

Category	Type	Temp
Cans	Labeled	Cool
Dry	Bins	Dark
Baking	Airtight	Dry

Shelf-Life Basics

- Best By vs. Use By vs. Sell By
  - What do they really mean?
- Long shelf-life foods:
  - Rice, beans, pasta, oats, canned goods, honey, salt, sugar
- Shorter shelf-life foods:
  - Oils, flour, nuts, boxed mixes

UNDERSTANDING THE DIFFERENCE
IN FOOD PACKAGING DATES
Did you know that no food, except infant formula, is required to have a use or sell by date, and those that have one have not been regulated by the Federal Law?
Check out these fast facts about dates on food packages.
"BEST IF USED BY/BEFORE"
This date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
"SELL BY"
This date tells the store how long to display the product for sale for inventory management. It is not a safety date.
"USE BY"
This date is recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.
MILK

Rotation System: FIFO (First In, First Out)

- Place newer items behind older ones
- Label and date everything as it goes into the pantry
  - Example:
    - *3 cans of tomato sauce → oldest date should be placed in front and used first*

Stocking Smart

- Buy and store what you will actually eat
- Make a list of what your family consumes
  - How often is this meal/food eaten?
  - What are the ingredients to make?
  - How do these ingredients fit into shelf-life storage?
- Keep a ‘working pantry’ and a ‘deep pantry’
  - Daily use vs. bulk/backup

Managing Special Items

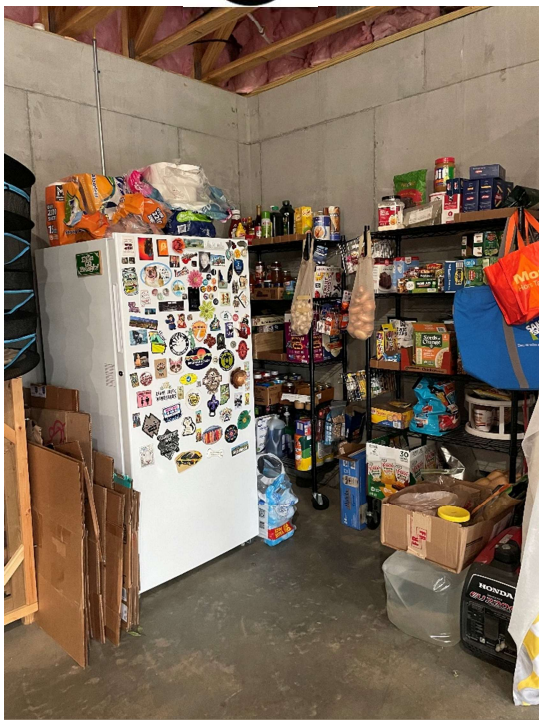
Home Canned Foods	• Labeling & safe shelf life (typically 1-2 years)
Dry goods	• Protect from pests with jars or buckets; oxygen absorbers
Spices & Herbs	• Potency is typically affected after 1 year

Tips & Tricks

- Keep inventory or a list (think chalkboard/whiteboard)
- Plans meals around what will be expiring soon
- Rotate seasonally
  - Conduct a pantry cleanout every quarter or half year
- Overwhelmed?
  - Remember to Start Small with one shelf at a time.

My Pantry

1



2

3

What a Well-Stocked Pantry Looks Like

- Shelving with labeled buckets
- Canned goods organized by date
- Glass jars for dry goods
- Freeze-dried foods in sealed cans
- Inventory list posted or digital

Closing & Invitation

- Start small — be consistent -- Build one bucket at a time
- Use charts, lists, and rotation systems
- Share knowledge and help others prepare
- Plan for nutrition, not just calories
- Store what you eat — eat what you store
- Keep multivitamins to fill gaps
- Long-term storage is about stewardship, not survival
- Preparedness means peace of mind — and health that lasts.